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Cont a negative electrode comprising a graphitized carbonaceous material obtained from a plurality of meso-carbon micro-beads, wherein the graphitized carbonaceous material has a specific surface area that ranges from 0.1 to less than 3.2m<sup>2</sup>/g; and

a gel electrolyte comprising an electrolyte salt, a non-aqueous solvent and a high-molecular weight material having a number average molecular weight ranging from 5000 to 500000.

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